

Reminder!

Breast Cancer Screening Saves Lives

Breast Cancer in Maryland

In 2009, an estimated **3,660** Maryland women were diagnosed with breast cancer and **810** women died because of the disease. (*ACS Cancer Facts and Figures 2009*)

Who is at risk for breast cancer?

Simply being a woman and getting older puts many at risk for breast cancer. The older you are, the greater your chances of getting breast cancer.

How do women get screened for breast cancer?

There are two screening tests: a clinical breast exam and a mammogram. Women need to have BOTH tests. A *clinical breast exam* is performed by your doctor and can find breast cancer at an early stage when it can best be treated. A *mammogram* is a low-dose X-ray picture of the breast that can also find cancer at an early stage.

Who should get screened?

	Ages 20-39	Ages 40-49	Ages 50-64	Ages 65 and older
Mammogram (x-ray of breasts)		Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
Clinical breast exam	At least every 3 years starting in your 20s	Yearly	Yearly	Yearly

Why get a mammogram?

Mammograms can save your life by finding breast cancer early. A mammogram can show cancer that is too small for your doctor to feel. When breast cancer is found early, you have more treatment options.

How will I pay for these important screenings?

Check with your health insurance plan about costs and co-payments. If you are a Maryland woman aged 40-64 and do not have health insurance that covers the screenings, call 1-800-477-9774 to find out if you are eligible for breast cancer screenings, at no cost to you.

Maryland Department of Health and Mental Hygiene
Breast and Cervical Cancer Screening Program
1-800-477-9774

